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www.texasuicideprevention.org

Thursday - October, 7 2010



National Suicide Prevention Lifeline

Are you in crisis? Please call **1-800-273-TALK (8255)**

Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

Red Nacional de Prevención del Suicidio

Cuando usted llama al número **1-888-628-9454**, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano.

For Hearing and Speech Impaired with TTY Equipment:
1-800-799-4TTY (4889)

Welcome to the Texas Suicide Prevention eNews

We will be covering

Introducing At-Risk for Texas High School Educators

Mental Health America of Texas recently unveiled a new online training to help stop teen suicides. The At-Risk interactive training simulation is available free to all Texas public high school educators.

"The training will build the skills and confidence of teachers to identify and approach distressed students in order to take appropriate action," said Lynn Lasky Clark, LMSW, president and CEO of Mental Health America of Texas.

The one-hour training will help educators understand their role in identifying common signs and symptoms of psychological distress and have the confidence to take appropriate action, such as a referral to the school counselor.

Mental Health America of Texas partnered with the Texas Department of State Health Services, Texas Education Agency, Kognito Interactive, teachers, counselors and administrators from the Austin ISD, Dallas ISD, and hundreds of Texas counselors, educators and mental health experts to develop At-Risk for Texas High School Educators.



Importance of At-Risk for High School Educators Training

Each year more than 2,300 Texans die from suicide and Texas loses between 80 to 90 youths a year to suicide. According to a CDC study, over 14 percent of high school students had seriously considered suicide in the previous 12 months, and it is this age group that is the focus for the new training.

"Anxiety, depression, thoughts of suicide, and substance abuse are an unfortunate part of many high school students lives. We recognize that suicide is preventable, and this training for educators is a step forward in preventing needless deaths," said Clark.

suicide prevention efforts in Texas and the nation, keeping you up-to-date on policy issues and educational opportunities. The newsletter is part of a statewide public awareness effort of the Texas Youth Suicide Prevention Project, funded by the Texas Department of State Health Services and the Substance Abuse and Mental Health Administration, under the Garrett Lee Smith Memorial Act.

We look forward to hearing from you about your suicide prevention efforts in schools, universities, communities and agencies.

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Visit [Texas Suicide Prevention](#)

Only Texas public high school educators may register at: www.mhatexas.org

To view a demonstration training for universities, visit www.kognito.com

Secretaries Sebelius, Gates Launch National Action Alliance for Suicide Prevention

U.S. Health and Human Services Secretary Kathleen Sebelius and Defense Secretary Robert Gates honored World Suicide Prevention Day (9/10/10) by launching the National Action Alliance for Suicide Prevention. Among the initial priority considerations for the newly formed committee will be updating and advancing the National Strategy for Suicide Prevention, developing approaches to constructively engage and educate the public, and examining ways to target high-risk populations.

Texas Youth Suicide Prevention Project

The purpose of the Youth Suicide Prevention Project is to advance the Texas State Plan for Suicide Prevention through a public/private partnership that:

- pilots a primary care initiative to identify, assess and provide referral and follow-up for youth in military families who are at-risk of suicide
- trains health, school and community representatives to identify and refer at-risk youth
- supports collaborative efforts to increase public awareness

Strategies are implemented primarily by Mental Health America of Texas, the Center for Health Care Services in San Antonio, and the Texas Suicide Prevention Council. Activities are statewide, with a focus on areas with higher than national youth suicide rates – Austin and San Antonio.

Funds are distributed through the Substance Abuse and Mental Health Administration from the Garrett Lee Smith Memorial State/Tribal Youth Suicide Prevention and Early Intervention Grant Program to the Texas Department of State Health Services.

Texas Suicide Prevention Council

The Texas Suicide Prevention Council was formed by statewide associations and organizations, joined by local suicide prevention coalitions, who all agreed to support one or more of the goals of the [Texas State Plan for Suicide Prevention](#).

Statewide member organizations: Advocacy, Inc., American Association of University Women, Depression & Bipolar Support Alliance/Texas, Governor's EMS & Trauma Advisory Council, Jason Foundation at Texas NeuroRehab Center, Mental Health America of Texas, Montrose Counseling Center, National Alliance on Mental Illness/Texas, National Association of Social Workers/Texas, Texas Association of Marriage & Family Therapists, Texas Council of Community MHMR Centers, Texas Education Agency, Texas Department of Family & Protective Services, Texas Department of State Health Services, Texas Health & Human Services Commission, Texas Juvenile Probation Commission, Texas Parent Teacher Association, Texas Psychological Association, Texas Youth Commission.

Local community suicide prevention coalitions: Abilene, Austin/Travis County, Southeast Texas (Beaumont), Dallas, Tarrant County (Fort Worth), Houston/Harris County, Highland Lake (Marble Falls/Burnet County), San

Antonio, Heart of Texas (Waco/Temple), Bastrop, San Marcos, Brazoria County, I Am Here, Dallas Youth Suicide Prevention Coalition, Hi Plains (Amarillo), East Texas (Tyler), Plainviews, Veterans Affairs North Texas Health Care System, Wichita Falls.



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